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Shilo Stag

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INSIDE This Issue

Coming out on top in Mountain Man. Story on page 2.

Media learns from Limber Gunner. Coverage on page 6.

Things are booming at Ecole la Source. See page 9.

United Way launch

At left, the United Way Flag is raised in front of the Community Centre during a campaign launch on Sept. 27. Above, BComd Luc G n reux cuts the United Way cake with Cornwallis Reeve Reg Atkinson.

Photos by Quinn Roberts

United Way kicks off with \$30,000 goal

By Bruce Peever
 Shilo Stag

Okay, CFB Shilo. With the 2010 CFB Shilo United Way campaign now officially kicked off, it's the time to dig deep and support the campaign which supports so many needy across the region.

As evidenced in the Sept. 27 kick-off at the Community Centre, the 2010 goal for the Base is \$30,000. According to Base Campaign Chair Capt Lori Pottkamper, the 2010 goal is \$5,000 more than in 2009.

"Over the past five years we have not raised more than \$35,000, other than last year when it was \$46,000. This year the Base Commander wanted to set an aggressive goal, and not one that we would blow out of the water," Capt Pottkamper says.

Easily one of the largest source of United Way contributions on Base is through employee payroll deductions. Branch and unit representatives will be approaching both military and civilian populations soon requesting these donations.

To help reinforce the need for CF personnel, a bus tour is set for Thursday, Oct. 5 showcasing different charities in Brandon. Stops will include lunch at a soup kitchen.

In terms of United Way events, coming up first is a Charity Bus Tour showcasing the need on Tuesday, Oct. 5. This Oktoberfest 2010 slated for Saturday, Oct. 16 at Building L-25.

"That will really be our 'loud' kick-off with all proceeds to the United Way. It is being sponsored by the Shilo Service Club in an event similar to Lobsterfest. For \$15 you will get a German-themed meal and a band playing mostly rock music with a few German tunes thrown in," the Base Chair informs.

Asked if current slow ticket sales put the evening in jeopardy, Capt Pottkamper replied that "people around here tend to wait to the last minute anyway. We also have our two main lodger units in and out of the field."

"This is something we would like to grow. Years ago when the Germans were part of this Base, we had a Germanfest. We would like to bring that sort of thing back," she adds.

Also scheduled is the second annual car care clinic at Base Maintenance coming up Friday and Saturday, Nov. 5 and 6. Details have yet to be finalized but could include tire and oil changing, along with a barbecue and car wash.

Other activities over the coming weeks are to include Dress Down Fridays, a blood donor clinic on Oct. 29 and several raffles and unit contests. As well, the Mike Seggie Memorial Hockey Tournament is set to return the weekend of Nov. 20.

Whatever is planned, Capt Pottkamper is confident the Base will come through.

"DND has always looked at the United Way as having a good track record. The United Way is different from other charities in that each local chapter runs it, like a franchise," the Base Chair says. "You tend to know each other so there is a level of trust with this organization."

Fall Charity Bazaar Saturday October 2nd

Support our community

GO for the shopping Stay for the fun

www.shoppersmallbrandon.com

Community Council roundup

By Sara Cumming
Shilo Stag

This year's Terry Fox Run brought in the highest donations ever seen, according to Jim MacKenzie, Shilo's Fitness, Sports and Recreation Director. MacKenzie said at the Sept. 17 Community Council meeting that although the official dollar amount hasn't been confirmed yet, he expects the number to top \$5,000.

"Suffice it to say, it was very successful," MacKenzie said.

He also mentioned that the new GSH Access Card system is now in place and that GSH card holders will be asked in the coming weeks to have their card updated. New cards can be issued at the GSH or at the Recreation Office in the Community Centre.

Other business discussed at the meeting included:

- Shilo's Little Big One Craft Sale is slated for Saturday, Nov. 27 from 10 a.m. until 3 p.m.
- Inter-Section hockey

will start in mid-October.

- The outdoor rink should be operational by the end of November or early December.

- The MFRC has gone to a decal system for the delivery of its newsletter. A decal was sent out along with the last newsletters, and if Shilo residents want to continue receiving the newsletter, they should have the decal in their front window.

- The MFRC will be giving away four tickets to every Brandon Wheat Kings home game this season. Check out their Facebook page for more details.

- Since Labour Day, RVs and trailers are no longer allowed in the RHU area. They must be stored in the RV compound. Registration is done through the GSH.

- Details of Shilo's Emergency Response Plan are available on the Community Gateway website (www.cfcommunitygateway.com) on the Community Council page, which can be ac-

cessed by clicking on Information and FAQ.

- Shilo Mayor MWO Mary Demetruk has proposed expectant mothers parking spots at both the CANEX and the Community Centre. The proposal "is being addressed," said MWO Demetruk.

- The play structure in front of the Community Centre, next to the waterpark, has been deemed age appropriate.

- Capt John McDonald said plans are still underway for a fall meet and greet, but they have yet to settle on a date.

- The Shilo dog park will eventually have both garbage and cigarette containers.

- Sgt Shannon Woodman was introduced as the new Deputy Mayor.

- There will be a blood donation clinic in Shilo on Oct. 29.

The next Community Council meeting is planned for Friday, Oct. 22 at 1 p.m. All meeting minutes are available to view on the Community Gateway website.



Photo by Bruce Peever

Sgt Jenn Greer of the DSG chats with the new 1ASG Cmdr Col Scott Kennedy during a Community Centre tour on Sept. 7.



CANEX celebrated 42 years of serving those who serve at a Caribbean Birthday Party on Sept. 18. This giant inflatable UFO, complete with a huge monster inside, was a hit with youngsters.

Photo by Sara Cumming

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Reserve Forces Day

.....

The Province of Manitoba's Office of Military Affairs congratulates the brave Manitoba men and women who are or have been members of the Navy, Army, Air and Communications Reserves on this first anniversary of Reserve Forces Day.

To learn more about military affairs in Manitoba, please contact the office of the Special Envoy for Military Affairs by e-mailing Bonnie.Korzeniowski@gov.mb.ca or calling (204) 945-7510.

Manitoba

MILITARY PERSONNEL

Volunteers Needed for Research Study

University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

If interested please call the study coordinator at 204-975-7728

2PPCLI up to the Mountain Man challenge

By Lt B. Wong

At 5 a.m. on a cold September morning, a river of glowing lights rolled along the banks of the North Saskatchewan River in Edmonton as soldiers of 1CMBG competed in the ultimate test of physical endurance and mental fortitude.

The challenge is known as the Mountain Man, a name that has become synonymous with the toughest, fittest soldiers the Brigade has to offer.

The challenge itself consists of four parts. The race starts with a 31.2km run, which is followed up by a gruelling 3.2km canoe portage to a river launch point. It is there where competitors clamber their tired bodies into their heavy canoes and paddle 10km down the North Saskatchewan River — at the end of which awaits the final backbreaking 5.6km

uphill "sprint" finish. All the while the competitors are carrying a 35-pound backpack.

This year 2PPCLI fielded a team of 15 soldiers in the competition. The team spent many long summer days running down Veteran's Way to Brandon and doing hill sprints on the bunker behind the 2PPCLI building. After a demanding training cycle, the team finally deployed to Edmonton.

Despite their relatively small size, the 2PPCLI team finished with excellent standing. Each member of the 15-man team completed the race, most notably Sgt Dan Schmidt who finished third in the Master's category, and Pte Dayna Johnston who was the Top Female Finisher for the second year in a row.

Lt Benjamin Wong is a 5 PL Cndr of 2PPCLI.



Major Scott MacGregor, OC C Company hammering through the demanding Canoe Portage.

Photo by Pte. Michael Leboldus



Eugene Gondek, centre, President of the Shilo Service Club, presents a cheque for \$3,100 to Westman Special Olympics Head Coach Don Coupie, left, and Assistant Head Coach Glen Weibe, right. The money, raised from the Annual Special Olympics Golf Tournament held by the service club, brings the total contribution for this event to over \$4,500 this year.

Photo by Quinn Roberts



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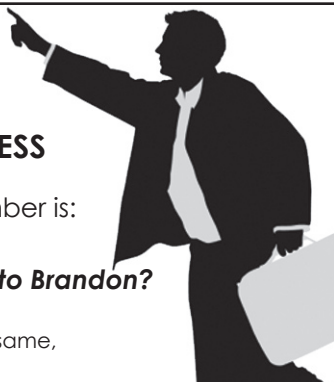
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The Shilo Stag is produced every second Thursday. Deadline for submissions is the Thursday prior to the week of publication.

Submissions can be sent to the Stag via email at stag@mts.net, dropped off at the Stag office located in the Shilo Community Centre or via Inter-base mail.

Submitting articles and photos for print:

- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned - 300 dpi), digital images or in hard copy format.
- With photos, include a caption that names the individuals in the photo; what is taking place; and the name, rank, and unit of the photographer.



Photo by Quinn Roberts

2PPCLI's Lieutenant-Colonel Shane Schreiber, along with Chief Warrant Officer Chris Waugh, help the Wheat Kings open their first game at home with a puck drop at centre ice on Sept. 24.

Letter to the Editor

Beat the flu by getting the shot

Dear Editor,

Influenza, commonly known as the flu, is an infection of the airways caused by the influenza virus. Symptoms typically last for seven to 10 days, but some people may experience a cough and weakness for up to six weeks. Some people such as children between the ages of six months and four years, pregnant women, children and adults with chronic health conditions, morbidly obese, and Aboriginal peoples are at higher risk of severe disease or complications.

The 2010-2011 vaccine provides protection against influenza type A/H1N1 (the recent pandemic strain) and influenza types A/H3N2 and B.

The National Advisory Committee on Immunization (NACI) recommends that all Canadians get the influenza vaccine. However, immunization priority for influenza should be given to those persons at high risk of related complications, those capable of transmitting influenza to individuals at high risk of complications (for example healthcare workers and

other care providers), and those who provide essential community services.

Immunization against the influenza virus is a safe and effective way to prevent getting sick with and spreading the virus, and because the influenza viruses are always changing, annual vaccination is recommended.

October is Influenza Immunization Awareness Month across Canada. For every Canadian who reads this message and is motivated to get immunized, we are one step closer to the national goal of the influenza immunization program in Canada, which is to prevent serious illness caused by influenza and its complications, including death.

Sincerely,
 Laurel O'Connor
 Information Officer
 Canadian Coalition for
 Immunization Awareness & Promotion
 Ottawa, ON

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Minnedosa Legion

Sprucewoods

The Shilo Inn (Crang's)
 340 Esso Station

Wawanesa

Lucky Dollar

Fire Prevention Week a time to consider smoke alarms

In an effort to better educate communities throughout North America about smoke alarm recommendations, the nonprofit National Fire Protection Association (NFPA) is promoting "Smoke Alarms: A Sound You Can Live With!" as the theme for this year's Fire Prevention Week campaign, October 3-9, which CFB/ASU Shilo is supporting locally. NFPA has been

the official sponsor of Fire Prevention Week for 88 years.

"Many homes may not have any smoke alarms, not enough smoke alarms, alarms that are too old, or alarms that are not working," says Base Fire Chief Dennis Hurley of the CFB/ASU Shilo Emergency Services. "We want residents to understand that working smoke alarms are needed in every home, on every

level (including the basement), outside each sleeping area and inside each bedroom. And, if a smoke alarm is 10 years old or older, it needs to be replaced."

According to Chief Hurley, smoke alarms can mean the difference between life and death in a fire. NFPA statistics show that working smoke alarms cut the chance of dying in a fire nearly in half. But they

must be working properly to do so. The association's data shows that many homes have smoke alarms that aren't working or maintained properly, usually because of missing, disconnected or dead batteries. Roughly two-thirds of all home fire deaths result from fires in homes with no smoke alarms or no working smoke alarms.

The CFB/ASU Shilo Emergency Services will be hosting activities such as: Fire Chief for a Day with Grand Valley Mutual Aid, setting-up an Information Display in the Canex Mall during Fire Prevention and helping CFB/ASU Shilo residents understand NFPA's smoke alarm recommendations. Through these educational, family-oriented activities, residents can learn more about the power of smoke alarms, newer options for installing and maintaining them properly, and ultimately, how to better protect their loved ones from fire.

NFPA and CFB/ASU Shilo Emergency Services agree that interconnected smoke alarms offer the best protection; when one sounds, they all do. This is particularly important in larger or multi-storey homes, where the sound from

distant smoke alarms may be reduced to the point that it may not be loud enough to provide proper warning, especially for sleeping individuals.

"Most people have a sense of complacency about smoke alarms because they already have one in their homes. Fire Prevention Week provides an excellent opportunity to re-educate people about smoke alarms, new technologies and expanded options for installation and maintenance," says Judy Comoletti, division manager for NFPA public education. "Ultimately, we want this year's campaign to serve as a call to action for households nationwide to inspect their homes to ensure that their families have the full smoke alarm protection that's recommended."

CFB/ASU Shilo Emergency Services offers the following tips for making sure smoke alarms are maintained and working properly:

- Test smoke alarms at least once a month using the test button, and make sure everyone in your home knows their sound.
- If an alarm "chirps," warning the battery is low, replace the battery right away.
- Replace all

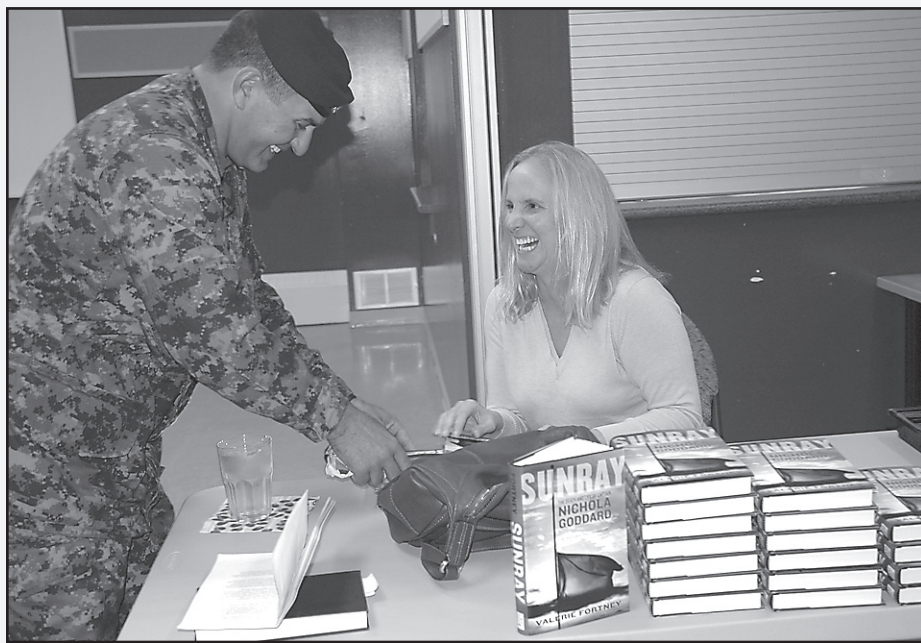
smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they're 10 years old (or sooner) if they do not respond properly when tested.

- Never remove or disable a smoke alarm.

- For those who are deaf or hard of hearing, there are some smoke alarms with strobes or the ability to be used with strobes – also called visible notification appliances – that signal to awaken those that are deaf (those with profound hearing loss.) The use of tactile notification appliances (such as a pillow or bed shaker) is also now required, and activated by the sound of the smoke alarm. The means for signaling to awaken those who are hard of hearing (those with mild to severe hearing loss) is through the use of a complex low frequency audible signal.

To find out more about Fire Prevention Week programs and activities in CFB/ASU Shilo, please contact the CFB/ASU Shilo Emergency Services at 765-3000 ext: 3296/3467 and talk to Chief Fire Inspector Daniel Barney or Fire Inspector Jeff Fisher. To learn more about "Smoke Alarms: A Sound You Can Live With!" visit NFPA's Web site at www.firepreventionweek.org.

SUNRAY shines in Shilo



Warrant Officer Roger Carrasqueira shares a laugh with Valerie Fortney, author of *SUNRAY: The Death and Life of Captain Nichola Goddard*. A book reading and signing was held in the Shilo Community Centre on September 20.

Photo by Quinn Roberts

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Call for Nominations

Westman Media Cooperative Ltd. (WMCL) officially announces the Call for Nomination of candidates for election to the Board of Directors. Nominations are now open. All WMCL members, 18 years of age or older are eligible, as outlined in the WMCL Charter Bylaws. Each nominee must be supported by at least two other WMCL members.

Completed nomination applications **MUST BE RECEIVED at: Westman Communications Group, 1906 Park Ave, Brandon MB, R7B 0R9 by 5 p.m., Friday, October 15, 2010.**

For a nomination application or more information, call 571-7310 or 1-800-665-3337, ext. 2010 or write to the above address.

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Westman owns and operates local radio stations 880 CKLQ and 94.7 STAR FM that broadcast to the western area of the province.

Westman Communications Group is the operating name for Westman Media Cooperative Ltd., which provides service throughout Western Manitoba.

As a customer-owned cooperative, Westman is proud of its strong commitment to its customers and the communities it serves.

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Student journalist joins 1RCHA on Ex LIMBER GUNNER

By Kim Collins-Lauber

Project War Scribe converged with Exercise Limber Gunner in Shilo September 13 and 14 as two student journalists joined soldiers in the field to learn more about 1RCHA and its place within the Canadian Forces.

I was one of those students.

To say I went into culture shock would be a bit of an understatement. I quickly found myself overwhelmed by acronyms, artillery talk, and a lack of "blue rockets." But I was also overwhelmed by the camaraderie, professionalism and underlying atmosphere of respect and teamwork that I encountered watching soldiers perform their



Student journalist Kim Collins-Lauber interviews Lt (N) Earl Klotz, Chaplain for A Battery, during 1 RCHA's Exercise LIMBER GUNNER Sept. 13 and 14 in Shilo.

Photo by Lt (N) Melanie Graham

various duties.

LCol Tim Young de-

scribes the Canadian Forces as a "microcosm

of Canada" or a "culture within a culture."

He adds the goal of Exercise Limber Gunner is to make the soldiers think and act as a team, while sharpening up their skills as gunners.

The team is made up of several groups. In one gun battery, there is a reconnaissance (RECCE) group, the signalers (SIGS), the Command Post (CP), and the gunners. They all work together as a tight unit to reach their goal. In a combat situation, their lives depend upon this mutual cooperation.

They also spend a great deal of time together, so respect and camaraderie are essential to a successful operation.

"When you live with guys in such close quarters for an extended period of time, you have no choice but to

get along," says MBdr Rhind.

Project War Scribe is a 1 Canadian Mechanized Brigade Group pilot project based out of Edmonton Alberta. It has the goal of standardizing a nationally accessible process to bring journalism and other media students together with military regiments across Canada for mutual professional beneficial. Students will learn how to embed as print and audio-visual media with the military while soldiers become more at ease with the media and better able to share their stories with Canadians.

The pilot project will continue with more military exercises in Wainwright, AB and Suffield, AB over the next seven months.

Second Career Assistance Network seminar coming up

By Lt T.L. Dettrich

Are you ready for the future? Are you approaching your long-awaited retirement or thinking about a second career outside the CF? The Second Career Assistance Network (SCAN) Seminar is your recipe for success!

Some members of the CF enter the civilian work-force following their military service; others choose to hang up their uniform and live the good life. Either way, the CF recognizes that this transition is a major life-event. We address this issue by providing information and guidance to CF members and their spouses about how to effectively manage career changes or retirement. SCAN offers a variety of services to help you prepare for a successful transition.

This fall's SCAN Seminar, which includes one

day of Medical Release briefs (day three), will be held October 13-15 at the 1 RCHA Theatre on Portsmouth Road, CFB Shilo. The three-day event will be an exposition of information.

Director Military Careers Administration (DMCA) and Director Canadian Forces Pension Services DCFPS will facilitate sessions on the financial and administrative aspects of release. In addition, compensation and benefits will be discussed in detail. SISIP Financial Services will be returning to discuss financial planning and insurance coverage after release. There is also valuable information on wills, estate planning, power of attorneys, as

well as litigation. Right Management will be explaining the Career Transition Services. Representatives from Brookfield Global and the Release Section will brief participants on current regulations and entitlements. If furthering your education is something you are considering, the CF Education Reimbursement Programs will be discussed. As well, representatives from Assiniboine Community College and the Adult Collegiate will provide information on continued learning and adult education.

Day three will focus on the medical aspects of release and will feature transition services, vocational rehabilitation and clarify the multi-services

and benefits. Representatives from these services, as well as Operational Stress Injuries Clinic and Case Management will present information to both regular force members and reservists.

This seminar promises to be packed full of useful information that you will

not want to miss. We invite you and your spouse to register by calling the BPSO office at 204-765-3000 ext 3086, or register on-line by visiting the CFB/ASU Banner Page or the following link: <http://cfbasu.shilo.mil.ca/cfbshilo/g1/bpsoscan.htm>.

Please complete and submit the registration form no later than Oct. 8. Seating is limited, so be sure to reserve your seats early. Dress is appropriate civilian attire.

Lt T.L. Dettrich is the Base Personnel Selection Officer in Shilo.



GSH Bowling Alley

Saturdays Oct. 16 - Dec. 11

1-4 p.m.

No bowling Oct. 23 & Nov. 27

Adult \$2.25 per game

Youth \$2.00 per game

Child \$1.75 per game

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Mixed Bowling League for Adults

Tuesdays starting Oct. 19

7-9 p.m.

\$7.50 per evening

Prices subject to tax

For more info call the Community Recreation Office at 765-3000 ext 3317 or 3588

Shilo Theatre

(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

Movies start again Oct. 15
Stay tuned for more information!

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.

For more info, please call the Community Recreation Office at 765-3000 ext 3317/3588

Write to us!

To submit, email us at stag@mts.net and include your name and phone number. We reserve the right to edit submissions for length, libel, spelling and good taste.



Oktoberfest 2010

Sponsored by the Shilo Service Club

Where:	Community Centre Annex (Bldg L25)
Date:	16 October
Doors open:	6 p.m.
Meal served:	7-9 p.m. (included in entry fee)
German Music:	6-8 p.m.
Music:	Rock and Country music by Diamonds and Dirt, and Look Music, from 8 p.m. - 1 a.m.
Cost:	\$15.00 (max 500 tickets to be sold)

Rock and Country
Diamonds and Dirt
 Meal included: German Cuisine
 German Schnapps and Draft beer available for purchase.

Door prizes / Best Costume Awards:
1st place \$200, 2nd place \$100, 3rd place \$50

Tickets available at the following locations: CANEX, Obermaier's Sausage & Meats, Tender Cuts Meat & Deli, Forbidden Flavours Shilo, 340 Esso, and Douglas General Store
 Group table bookings welcome. Call 765-3000 ext 3073.
 All proceeds go to the United Way.

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CFB Shilo

14 October 2010, 0930 - 1730 hrs.

15 October 2010, 0930 - 1730 hrs.



14 - 15 Oct. 2010
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We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction. Prices & monthly payments shown do not include environmental fees & levies or any other applicable fees, levies, & taxes. Eligible authorized patrons may purchase general merchandise of at least \$199 on the CANEX No Interest Credit Plan, O.A.C. on approved credit. Visit your CANEX store or visit us online at www.canex.ca for all the details.

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Sports & Recreation



Record \$5,168 raised from 2010 Terry Fox Run

The 30th Annual Terry Fox Run was held on Friday, Sept. 10 and was a huge success thanks to our community members! A record-breaking \$5,168.46 was raised for the Terry Fox Foundation for cancer research. The dreary weather cleared just in time for over 700 participants to begin their journey.

Participants were treated to a delicious hot dog lunch served by the Shilo Service Club.

A big thank-you goes to Base Fund, SISIP Financial Services, the Shilo Service Club, 2PP-



Photo by Bruce Peever

The Shilo Service Club, represented by Chuck Larroque at left, presents a \$500 donation to CFB Shilo Terry Fox Run organizer Jim MacKenzie.

CLI and Larissa Horbay for your generous donation and support.

Businesses that donated items to the overall success of the run include:

- Applebees
- Ashley Furniture
- Boston Pizza
- CAA Manitoba
- Canad Inns
- Dominos Pizza
- Dufresne Furniture
- Dundee Designs
- Empire Theatres
- Esprit Wellness Centre
- Keywest Photo
- Leon's Furniture
- Maple Leaf Foods
- Montana's Cookhouse

• Nature's Own Massage & Beauty Salon

- Old Dutch Foods
- Paul's Hauling Ltd
- Photography by Dale
- Pizza Hut
- Remington's Restaurant
- Rick's Restaurant & Bar
- Shilo Barber Shop
- Shilo Automotive
- Sobey's
- Source for Sorts
- Superstore
- The Green Spot
- Thunderbird Bowl
- Victoria Inn
- Walmart
- WestFit Physio
- Zellers

Thank you to Dawn Battams, Lois Burke, Marguerite Paddock, Doris Lange, Annie McCulloch and all Unit OPIs for their hard work. This event would not have been successful without your help.

For more information about the Terry Fox Foundation, please visit www.terryfox.org.

"Even if I don't finish, we need others to continue. It's got to keep going."

Terry Fox, July 10, 1980

Submitted by Fitness Sports and Recreation, CFB Shilo.

Serve Canadian Forces better by getting your seven to 10 servings

Did you know men and women aged 19 - 50 need seven to 10 servings of vegetables and fruits every day? Did you know that you should also eat more vegetables than fruit? Use the online vegetable and fruit tracker, four and three or more per day, and stay on target!

You can register for the Vegetable and Fruit Challenge anytime before

Oct. 11. The challenge itself takes place from Sept. 28 to Oct. 11. Registration gives you access to great tips, updates, recipes, resources and a chance to win prizes!

Who can register? Any CF Regular or Reserve force member, adult CF family members, and DND or NPF civilian employees. You must have access to a DWAN

computer to register, and a @forces.gc.ca email account, but more than one family member can use that email to register.

Easier than you think

How can you possibly get seven to 10 servings of vegetables and fruits in a day? It's not so hard if you think about spreading it out.

Have a sliced banana or some berries on your

breakfast cereal. Have some baby carrots or some fruit for an anytime snack. Enjoy a bowl of vegetable soup, a side salad and fruit at lunch, and a stir fry or vegetarian chilli with fruit for

dessert at supper and you've done it!

If you would like to keep track on paper rather than online, you can pick up a copy of the Vegetable and Fruit tracker from the Health

Promotion office in the CANEX Mall.

To register, go to: <http://hr.ottawa-hull.mil.ca/4n3/>.

Submitted by Health Promotion.

Ladies volleyball starts Oct. 11

Work off some of that Thanksgiving turkey with the first practise of the CFB Shilo Women's Base Volleyball Team.

Hit the GSH court (gym A) at 4 p.m. on Thanksgiving Monday, Oct. 11, with regular practises set for Mondays and Wednesdays from 4 to 5:45 p.m. Volleyball action is open to Regular Force/Class B and C

personnel only.

The ladies team will be representing CFB Shilo at the Prairie Regional Volleyball Championships to be held at 4 Wing in Cold Lake from Feb. 3 to 7,

2011.

For more information please call MBdr Stephanie McNeil of IRCHA at local 4171, or Sports Co-ordinator Danny Hamilton at local 3894.

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Who's new at CFB Shilo



Lt Cdr Maggie Hampton

By Bruce Peever
Shilo Stag

Those of us not from the prairies often feel like a fish out of water. For Lt Cdr Maggie Hampton, who started her career in the Navy and served on both the west and east coasts, her new G1 posting at CFB Shilo was certainly an eye opener for herself and her family.

"I am a career Naval Logistics Officer and I definitely miss the water, but I guess that is my own fault for marrying an Army guy," she says with a smile.

That Army guy, Maj Geoff Hampton, is a Battery Commander at 1RCHA, and whom the G1 says, "works an opposing rotation." Together the couple has two daughters — Madeline, aged three years and Jackie, aged 20 months.

"We have moved into Brandon and we are really enjoying it. We just got back from Clear Lake and that was very nice. We are enjoying Brandon and there seems to be a lot more here than in Petawawa, where we had been serving from 2007 up to this summer."

Her career started on the HMCS Vancouver as a Logistics Assistant in 2002. Later it was off to Officer Training School for two years leading up to service on the east coast aboard HMCS Halifax from 2004 to 2006. In 2007 she was off to CFB Petawawa where she served up to July 19, 2010. Her first day here was Aug. 9.

As a G1, Lt Cdr Hampton is responsible for personal administration on this base. In the civilian world she would be known as a HR officer.

"I oversee the Base Orderly Room and help oversee the BPSO office, to help for instance if the Base Comptroller has questions. I also look after the Base Second Language School and I am a liaison with the MFRC," she says.

One thing she is appreciative of here is the friendliness displayed by both military and civilian alike.

"Everyone is really friendly; we didn't have that in Petawawa. The MFRC here seems to be quite active in the community as our kids have already taken swimming lessons with them. I understand Shilo is really unique in a lot of ways."

Among upcoming challenges, the new G1 lists getting a new Task Force Headquarters group ready for deployment to Afghanistan. She is also hoping to understand her new job better.

"I look forward to learning just makes CFB Shilo run. In the CF, we change jobs every two or three years so we all spend the first couple of months making sure we understand the new roles," Lt Cdr Hampton states.

To find out more about this new member of the CFB Shilo team, drop by the G1 office on the main floor of HQ. The Lt Cdr can be reached at local 3051.

French education growing at Ecole la Source

By Bruce Peever
Shilo Stag

En français, s'il vous plaît.

At Ecole la Source, French language instruction is not just an academic option for area families, but it is also a growth industry.

School Principal Guy Fouillard, who has been at the Kindergarten to Grade 10 facility since Day One, says the school has come a long way in just seven years.

"We had 21 students that first year and now we have 76, along with a daycare and pre-Kindergarten. Right now we are a K to Grade 10 school and eventually we would like it to grow to a Grade 12," Fouillard explains.

Before la Source, the closest French school to Shilo was in St-Lazare or St Claude — both some two hours away. That meant some very dedicated parents would have to sacrifice to ensure full French language instruction. Even with the French school in Shilo, Fouillard said some parents drove one hour each way.

"We provide French language services for a large area, not just for military families here," he advises. "There are two buses to Brandon and one each to Wawanese and Sprucewoods/Cottonwoods each day."

Publicly funded like any other school, Ecole la Source closely follows the regular



Ecole la Source Principal Guy Fouillard provides assistance to young student Genevieve during class time earlier this month.

Photo by Bruce Peever

curriculum offered throughout Manitoba. The only difference is the instruction here is done in French, the principal outlines.

"We have a lot of military families who move in from Quebec. Usually we could depend on a few wives who would help us as Teacher Assistants (TA). They are just now starting to come in and we are certainly looking for a few more TAs," Fouillard states.

Some 60,000 students across Manitoba receive some form of French language instruction. Across the province the French language instruction system is set up with three options including French Immersion (FL2), Basic French and FL1. Ecole la Source is a FL1 school meaning its programming is intended for a Francophone child with all communication

and instruction in the French language.

Fouillard says for such a small school, visitors are often surprised at the facilities offered at Ecole la Source. This, he said, is due to being on a military base and being to use facilities like the GSH and nearby sports fields.

"We do the best we can. We have a good staff and we try to have a good time. We know we are recommended by other parents and word of mouth is our biggest source of recruitment," he says. "I could have retired last year, but I still enjoy it, I really like it here."



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OÙ: École La Source
Guy Fouillard, directeur

TÉLÉPHONE: 765-5050

DATE LIMITE: Ces postes seront ouverts jusqu'au 1er octobre 2010.

Pour de plus amples renseignements : www.dsfm.mb.ca



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- Royal LePage 765-2876
- Shilo Automotive 765-2143
- Shilo Taxi 729-8549 or 571-6570
- SISIP Financial Services 765-4675
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What's on Your Agenda?



• **Brandon Garden Club Meeting** Oct. 20 at 7 p.m. Seniors for Seniors - 311 Park Ave. East. Please use north door. Program: Birds and Their Habitat & Attracting Birds for the Winter. Speaker: Cal Cuthbert from Ducks Unlimited. Membership fees: \$20 annually, \$30 annually for couples. Drop in fee: \$5.

• **#60 Royal Canadian Sea Cadet Corp Swiftsure** is enrolling youth ages 12 to 18 in the Sea Cadet program Learn Markmanship, Seamanship, Sailing and more at little or no cost. Parades are at the Brandon Armoury 1116 Victoria Ave. Brandon on Monday evenings. For more information contact the Ships Office at 728-3168 or Commanding Officer Lt (N) Evelyn Gaboury at 761-5623.

• **Shotokan Karate** classes Tuesday 6:30-7:30 p.m. at GSH Gym C. First session begins Sept. 28.

• **Brandon Regional Health Centre Auxiliary** is looking for volunteers. The Brandon and area community benefits from the efforts of the Auxiliary. If you are interested in being part of this volunteer organization and would like more information or have questions, please phone BRHC Volunteer Services at 578-2065.

• **Manitoba Provincial Plowing Match** Oct. 2 & 3. West of Brandon, south from the junction of #1 and #250, between Alexander and Souris. Juniors at 9 a.m., horse classes at 11 a.m., and senior classes at 1 p.m. No admission.

• **New GSH Access Cards** are in effect as of Sept. 13. Old cards will be replaced with a picture ID card. To get your new card, all you have to do is drop by the GSH and talk to the front desk staff. For more info call 765-3000 ext 3889.

• **Attention Breastfeeding Mothers:** The Quintessence Foundation would like to invite you to the Quintessence World Record Challenge being held on Oct. 2 at the Shoppers Mall in Brandon. The challenge is for the record of most children breastfeeding simultaneously at 11 a.m. local time in a set geographic area as a percentage of the birth rate. This event is in celebration of World Breastfeeding Week and is a great way to "advertise" and promote breastfeeding. Please arrive at 10:30 a.m. to register. For more

information contact Rachel McPhee at 571-8378.

• **Visit Daly House Museum** at 122-18th Street, Brandon. The house was built by the first mayor or Brandon, Thomas Mayne Daly. Your family can step back over 150 years to experience the strict rules of a Victorian time. Visit Mutters General Store, or discover the origins of the city of Brandon. Our hours are 10 a.m. - noon and 1-5 p.m. Tuesday to Saturday.

• **Shilo Al-Anon**, Family Groups (for family and friends of alcoholics) Every Thursday 7 p.m. at Our Lady of Shilo Church. For more information call 724-9222. CONFIDENTIAL

• **The RCA Museum.** Open seven days a week, from 10 a.m. - 5 p.m. Temporary exhibition "More Mortars" runs until Jan. 31, 2011. Winter hours now in effect (open Mon. to Fri. 10 a.m. - 5 p.m., closed weekends and holidays).

• **The Wii Fitness Room** at the GSH is now open to the public! All equipment needed is available at the front desk to sign out. Children 11 and under must be accompanied by an adult. For more info, call 765-3000 ext 3899.

• **PSP Online** Did you know that you can now register for Community Recreation and Fitness Programs online, right from your own home? All you need to do is call the Recreation Office at 765-3000 ext 3588/3317 to receive a username and password by email. To find out what programs are being offered, visit www.cfcommunitygateway.ca.

• **Shilo Community Library** hours are Mondays, 6-8:30 p.m.; Tuesdays and Thursdays, 9:30 a.m. - 12:30 p.m., 1-4 p.m., and

6-8:30 p.m. Story Time is Thursdays at 1:30 p.m.

• **Did you know?** The Base Personnel Selection Office (BPSO), located in Room 204 in Headquarters, has a laptop with Internet access for your use. If you would like to use the laptop to access the Internet, please call local 4078 stating when you would like to come by.

October Fitness Sessions

Please register for one or all sessions by calling Janelle Boyd, Physical Exercise Specialist, 765-3000 ext 3866. There are no costs for sessions.

EDUCATION SESSIONS (Military members only)

Tuesdays: 7:30-8:30 a.m.

- Taught by Health Promotions Director Anne Todd
- Oct. 5 - Stress: Take Charge - Effects of Stress
- Oct. 12 - Stress: Take Charge - Personal Power Grid
- Oct. 19 - Stress: Take Charge - The Balance of Time Management
- Oct. 26 - Stress: Take Charge - Stress Management Lifestyle

FITNESS WORKSHOPS

(Military Members, DND Civilian Employees, GSH Card Holders)

Plyometrics
Tuesday, Oct. 5
Noon - 1 p.m.
Gym A

Instructed by PSP Fitness Staff Member
Register by Monday, Oct. 4

PRACTICE FITNESS TESTS (Military Members Only)

Hum Int

Wednesday, Oct. 13

9 a.m.

Gym C

Registration Deadline: Tuesday, Oct. 12

CF EXPRES Test

Monday, Oct. 25

1 p.m.

Gym C

Registration Deadline: Friday, Oct. 22

BINGO

Sprucewoods Community Hall
every Thursday evening

• Share The Wealth at 6:30 p.m.

• Early Birds at 7 p.m.

\$Win Cash\$

\$1,000 in 52 numbers

Canteen open!

CLASSIFIED ADS

**\$10 for first 20 words,
10¢ for each additional word***

Deadline for next issue:

October 7, 12:00 PM

**Non-commercial ads only. Free ads restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area (Sprucewoods, Douglas and Wawanesa, as well as local rural areas). Free ads will run for a period of two months, but can be extended upon request.*

Email: stag@mts.net • Phone 765-3000, ext 3013 • Fax 765-3814

Free

Four kittens to give away. Call 765-4975 or work local 3409.

Services

Perfect 10 Personal Training available at GSH beginning 10-10-10. For more information, contact Ferran Cardinal at 204.523.0311. Bachelor's of Science in Exercise Science/ Sports Management, Certified Personal Trainer.

Greg Steele, Canadian Firearms Safety Course Instructor/ Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses Held Regularly • Examinations by Appointment • 204-725-1608 • Email: ggs57@wcgwave.ca. Next dates: MHSC October 1 & 2 Brandon. CFSC October 2 Brandon. CRFSC October 3. Call or email for training calendar.

Looking for a good used car truck sport utility call Advantage Auto & Trailer 729-8989

Self storage space - U-Haul truck & trailer rentals - boxes - moving supplies 725-0019

Services

Professional computerized bookkeeping available for personal or business. Will pick up/deliver. Call Bristow Bookkeeping Services at 763-8865.

Nad's Simply Clean For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 573-1509.

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Tree stand. Must know location. Call 728-2995.

Business Opportunities

Wawanesa - Modern Hardware business with several profitable side lines. Owners will assist in financing on this good family business. Appraisal available. Call Dave for details 824-2094 Countryland Realty.

Lake Properties

Beautiful lake front log home over 2,500 sq ft on two levels. Private treed location on pristine Noble Lake seven miles south of Wawanesa. Call Dave 824-2094 Countryland Realty.

For Sale

GLENBORO - Cheaper than paying rent! Updated 2+1-1 1/2 storey house in quiet town of Glenboro. Updates include windows, siding, exterior doors, electrical, plumbing and kitchen cabinets. Single attached garage on a private large lot close to all amenities. For more info or to view, call Bob Daymond Sutton-Harrison Realty (571-5918).

WAWANESA 1363 sqft raised bungalow with double attached garage with in-floor heat. 3 + 2 bedrms, 2 full baths, sunken living rm with hardwood flooring, developed basement and fenced yard. View at www.century21.ca/kathy.mclean. Call Kathy McLean at 824-2651.

Write to us!
To submit, email us at stag@mts.net and include your name and phone number. We reserve the right to edit submissions for length, libel, spelling, and good taste.

For Sale

Aluminum Garden Shed 9'6"x8'x6' \$250. Kitchen Cupboards - wall, base and 3 drawer unit - 7 units in total with approx. 60" of counter space - GREAT addition to your PMQ or basement suite \$500. 30" Tri-View Medicine Cabinet \$50. Corner TV cabinet with Doors, Solid Wood, 30"x30" (interior dimensions). Available to view at 31 Alfriston or call 765-2989.



The Shilo Stag -
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Acres For Sale

GLENBORO - Enjoy country living in this 3 bedroom 1400 sq ft. home situated on 38 scenic acres. Very private, well treed and fenced for horse lovers. Recent updates include shingles, windows and siding. Only 2 miles from Glenboro, easy commute to Shilo and Brandon. For more info or to view, call Bob Daymond Sutton-Harrison Realty (571-5918).

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Wanted

CANEX Clerk/Cashier - Part Time Under the direction of the SuperMart Supervisor, the Clerk/Cashier scans customer purchases, tabulates bill using cash register and accepts payment. He/She gives change and issues receipts and places merchandise in bags or boxes. He/She stocks shelves, counters and display areas. Salary: \$10/hr - \$11.55/hr. For more information or to apply, visit our website at www.cfpsa.com or send your confidential résumé by Oct. 1 to: CFPFSS, NPF Human Resources, Box 5000 Stn Forces, CFB Shilo, MB R0K 2A0, by fax to (204) 765-3815, or by e-mail to Kaastra.nienke@cfpsa.com.

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Shilo Military Family Resource Centre



Welcoming a new face to the team

By Heather Woodman



Heather Woodman

Hello Folks!
My name is Heather Woodman. I am the new Deployment and Special Events Assistant at the MFRC. Some of you may have already seen me in the community as a substitute teacher at O'Kelly or as a Teen Centre staff member. I am from a small town in British Columbia and moved to Brandon last fall with my military spouse. My passions in life are my puppy, exercise classes, great movies and great food. I am very excited about this new opportunity and look forward to meeting new and familiar faces. Please do not hesitate to drop by at any time for a tour or a chat! Hope to see you soon.
Heather Woodman is the Deployment and Special Events Assistant at the MFRC

There's a storm brewing

By Karen Burton

A storm of cooking that is! Cooking up a storm is an eight week cooking course for kids ages 7-13. This unique course gives kids a chance to learn about safety in the kitchen, nutrition and a chance to take those skills back to their family.

"Meals times are an important time for families to reconnect after a busy day," says Garry Reid, the Program Co-

ordinator at the MFRC. "Cooking can be fun and especially when it is done with foods kids like. It also gives kids chance to spend quality time with their friends."

Every season the MFRC offers a different theme for the eight week cooking course.

"This season's theme will be cartoon creations," says program leader Courtney Brister. "We will be using a new Disney cookbook to create all sorts of delicious car-

toon snacks and meals. Kids love to help out in the kitchen so why not make it fun and teach them skills that they can use in the future."

The course starts Oct. 5, and runs each Tuesday until Nov. 23. Cost is \$50, which includes take home snacks made by the kids themselves. To register, contact the MFRC by Oct. 1 at noon.

Karen Burton is the Outreach & Information Coordinator at the MFRC.

Upcoming events at the MFRC

Date	Program	Time	Cost	Registration deadline
Special Events				
October 13	Natural Play Space Planning Session	5-7pm	Supper provided FREE	No registration
Adult				
October 4, 5, 6, 7 (12 hours total)	Power up Computer Workshop	1-4pm & 6-9pm	FREE	Register by Friday, October 1 at noon.
October 5 & 7	French Second Language Level 3	6-9pm each night for 10 weeks	\$ 70 (refundable for military spouses)	Register by Friday, October 1 at noon
October 13	Customer Service	1-4pm or 6-9pm	\$ 10.00	Register by Friday, October 8 by noon
October 16	Scrapbooking Days	9-5pm	\$ 2.00	Register by Wednesday, October 13 at noon
October 19	Asian Appetizer cooking class	6-9pm	\$ 35.00	Register by Friday, October 16 at noon
October 20	Money Cents	1-4pm or 6-9pm	\$ 10.00	Register by Friday, October 15 at noon
October 26	CPR Re-Certification	8am-12pm or 1-5pm	\$ 45.00	Register by Friday, October 8 at noon
October 27	CPR Certification	8am-12pm or 1-4pm	\$ 70.00	Register by Friday, October 8
Deployment				
October 12	Dinner & a Movie for Adults	5:15pm	Movie is on the MFRC	Register by Monday, October 11 at noon
October 16	Children's Deployment Afternoon	1-4pm	FREE	Register by Wednesday, October 13 at noon
October 14	Wii B Gaming	4:30 - 5:45pm	FREE	Register by Wednesday, October 13 at noon.
October 16	Deployment Childcare	1-4pm	FREE	Register by Wednesday, October 13 at noon
Youth				
Looking for a parent free zone? Drop in to the Teen Centre for Video games, TV, fooseball, high speed internet, musical instruments and much more! Special activities planned throughout the month				
Hours of Operation are: Mondays, Tuesdays & Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm Fridays: Tweens & Teens 6-11pm				
October 8	Movie Night - Iron Man 2	8:00pm	FREE with Teen Centre Membership	No registration
School Age				
October 6 & 13	Keen Kids	5-6pm	\$ 1.00 drop in	No registration
October 6 & 13	Kool Kids	6-7pm	\$ 1.00 drop in	No registration
October 6 & 13	Kooler Kids	7:30-9pm	\$ 1.00 drop in	No registration
Preschool				
October 5 & 12	Tumbleweeds (Every Tuesday)	9:30-11:30am	\$ 1 drop in fee	No registration
October 5 & 12	Relaxation Station	1:30-3:30pm	FREE	Register by the Friday before

Babysitting Course

Learn to be a responsible and reliable babysitter along with basic first aid skills

Friday, October 15 (6-9pm) &

Saturday, October 16 (9am-12pm)

Cost is \$20.00

Register at the MFRC by Tuesday, October 12 at noon

National Family Week

By Karen Burton

Ask anyone, family is more important than anything. Family can be a place of growth and nurturing but everyone knows no family is ever perfect.

Oct. 4-8 is National Family Week in Canada. National Family Week is always celebrated the week leading up to Thanksgiving, which of course is very timely. During this week, work on recognizing and celebrate the positives and the strengths of your family.

Take time with your

family to strengthen your bonds by taking part in family friendly activities. Play a game, or make an extra effort to sit down and have dinner together as a family unit. A fun thing to do while you're having dinner is give each person a chance to talk about what their favorite part of the day was. You will be amazed at what you will learn about your loved ones. For further information, visit the Canadian Association of Family Resource Programs (the national sponsor) at their website www.frp.ca/nfw.

Join the MFRC to kick off National Family Week with our 3rd Annual Ice Cream Social

Bring your family to meet the MFRC staff and volunteers over a big bowl of FREE ice cream and lots of yummy toppings!

Monday, Oct. 4
6-8pm at the Shilo Community Centre

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CR-V LX 2WD

MSRP **\$27,880**

Includes Freight & PDI

CASH REBATE **\$4,000[†]**

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†\$2,500.00 price reduction available on new 2010 Civic DX AT, model FA1F2AEX; \$6,000.00 on Odyssey NHL® SE, model RL3H5AE; \$4,000.00 on CR-V LX 2WD, model RE3H3AEY. Cash incentives available only to cash customers on select new 2010 models and range from \$2,500.00 on Civic 2Dr DX MT to \$6,000.00 on Odyssey Touring, with the following exception: Civic 4Dr DX MT. Cash incentives will be deducted from the negotiated price before taxes and cannot be combined with special lease and finance offers. Offers valid until September 30th, 2010 and are subject to change without notice. Offers valid only for Manitoba residents at Manitoba Honda Dealers locations. See your Honda retailer for full details.